

# BRITISH POWERLIFTING ORGANISATION

EST. 1994

“Lavieville”, 11 Field Way, Tongham, Farnham, Surrey. GU10 1BQ Great Britain

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[www.britishpowerliftingorganisation.co.uk](http://www.britishpowerliftingorganisation.co.uk)

[www.epcpowerlifting.com](http://www.epcpowerlifting.com)

Web: [www.wpfpowerlifting.com](http://www.wpfpowerlifting.com)

## 2010 BRITISH CHAMPIONSHIPS POWERLIFTING, BENCH PRESS & DEAD LIFT

**DATES: 24<sup>th</sup> & 25<sup>th</sup> April**

**VENUE: University of Bath**

**Claverton Down, Bath, Somerset BA2 7AY**

**Meet Director: Greg Ashford (07540997411)**

### TWO DAY SCHEDULE

**Scheduled “Flights” may change according to weigh-in of competitors**

|                        |                            |   |
|------------------------|----------------------------|---|
| <b><u>FRIDAY</u></b>   | 10.30 hours to 12.00 hours | Weigh-in for Saturday Powerlifters,<br>Bench Press & Dead Lifter        |
| 23rd April             | 16.00 hours to 17.30 hours | Weigh-in for Saturday Powerlifters,<br>Bench Press & Dead Lifters       |
| <b><u>SATURDAY</u></b> | 08.30 hours to 10.00 hours | Final Weigh-in for Saturday Powerlifters,<br>Bench Press & Dead Lifters |
| 24 <sup>th</sup> April | 10.00 hours                | Opening Ceremonies  |
|                        | 10.30 hours                | Competition Starts  |
|                        | 10.30 hours to 12.00 hours | Weigh-in for Sunday Powerlifters,<br>Bench Pressers & Dead Lifters      |
|                        | 15.00 hours to 16.30 hours | Weigh-in for Sunday Powerlifters, Bench<br>Pressers & Dead Lifters      |
|                        | 17.00 hours                | Presentations   |
| <b><u>SUNDAY</u></b>   | 08.30 hours to 10.00 hours | Final Weigh-in for Powerlifters, Bench<br>Pressers & Dead Lifters       |
| 25 <sup>th</sup> April | 10.30 hours                | Competition Starts  |
|                        | 16.00 hours                | Presentations and Closing Ceremony                                      |

### **POWERLIFTING, BENCH PRESS & DEAD LIFT FLIGHTS**

**SATURDAY** - All Women's AND Men's Classes & Categories 52kg to 90kg

|                        |             |  |
|------------------------|-------------|--|
| 24 <sup>th</sup> April |             |  |
| 1 <sup>st</sup> Flight | 10.30 hours | All Women's & Men's Classes & Categories |
| 2 <sup>nd</sup> Flight | 11.15 hours | All Men's Classes & Categories.          |
| 3rd Flight             | 12.00 hours | All Men's Classes & Categories           |

If more than 15 athletes the flight will be split in to two flights

There will be a 30-minute break after completion of all flights Squats and after all flights Bench Press.

### **POWERLIFTING, BENCH PRESS & DEAD LIFT FLIGHTS**

**SUNDAY** - All Men's Classes & Categories 100kg to 140+kg.

|                        |             |                                  |
|------------------------|-------------|----------------------------------|
| 25 <sup>th</sup> April |             |                                  |
| 1st Flight             | 10.30 hours | All Men's Classes & Categories . |
| 2 <sup>nd</sup> Flight | 11.15 hours | All Men's Classes & Categories   |

If more than 15 athletes the flight will be split in to two flights

There will be a 30-minute break after completion of all flights Squats and after all flights Bench Press.

The BPO and Meet Director reserve the right to modify the above after entry closing date and weigh-in.

- Fortis Est Potentia -

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## OFFICIALS:

Master of Ceremonies: David Carter, Allison Seabright

Platform Manager: Greg Ashford

Platform Crew: TBA

Marshall: TBA

Scoreboard:

Time Keeper: Mo Green

Concierge: TBA

Technical Officer: Robert Campbell

British Records Registrar: Dave Tickle

## REFEREES:

Allison Seabright, Dean Drury, Dave Tickle, Mark Eager, Hamish Davidson

## POWERLIFTERSNOTICE

### DO NOT!

- DROP BAR & WEIGHTS
- USE TALCUM POWDER
- APPLY POOL CHALK ANYWHERE, BUT ON SHEETS PROVIDED
- USE ANY BARS WITHOUT USING THE COLLARS AT ALL TIMES
- USE ILLEGAL LIFTING APPAREL
- USE EQUIPMENT, BARS OR WEIGHTS OFF THE WARM-UP PLATFORM

### DON'T FORGET!

- TO SUBMIT YOUR ATTEMPT CARD TO THE M.C. WITHIN ONE MINUTE OF YOUR LAST ATTEMPT IF YOU FAIL TO SUBMIT YOUR ATTEMPT AND HAD FAILED THE ATTEMPT, YOU WILL BE ALOCATED THE SAME WEIGHT. IF YOU WERE SUCCESFUL YOU WILL BE ALLOCATED 2.5KG MORE ON THE BAR ONLY.
- IF YOU ARE MAKING A RECORD ATTEMPT, YOU MUST NOTIFY THE M.C. AT THE SAME TIME YOU SUBMITT YOUR ATTEMPT
- IF YOU ARE SUCEESSFUL WITH YOUR RECORD ATTEMPT, YOU MUST PRESENT YOURSELF TO THE CHIEF REFEREE FOR INSPECTION OF YOU LIFTING ATTIRE.
- WHEN YOUR NAME IS CALLED YOU HAVE ONE MINUTE TO COMMENCE THE LIFT.
- IF YOU HAVE ANY TECHNICAL QUESTIONS, PLEASE ASK TO THE TECHNICAL OFFICER: – BOB CAMPBELL

### COMMON MISTAKES

Using a padded belt, two loops or not to specification

Having lifting leotard legs beyond mid thigh.

Not having shoulder straps up on leotard on all lifts.

Not having socks up to knees on dead lift.

Not making ones self aware of lifting procedures, like referees signals.

Not putting subsequent attempts within one minute after previous lift.

Starting too heavy on opening attempt.

Under briefs extending beyond navel.

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